



### Other terms used in this brochure:

- **Antipasto** (ahn-tee-PAHS-toh) means “before the meal” refers to hot or cold hors d’oeuvre. An assortment of appetizers such as cheese, smoked meats, olives, fish and marinated vegetables.
- **Cacciatore** (kah-chuh-TOR-ah) Italian for “hunter,” prepared with mushrooms, onions, tomatoes, herbs and sometimes wine.
- **Cannoli** (kan-OH-lee) tubular shaped pasta shells that have been deep-fried, filled with sweetened ricotta cheese, whipped cream and perhaps, chocolate chips, candied citron or nuts
- **Crema** (KREH-mah) Italian for cream
- **Fritto** (FREE-toh) fried
- **Gelato** (jeh-LAH-toh) Italian for “ice cream”
- **Parmigiana** (pahr-muh-ZHAH-nuh) Describes food that is cooked with Parmesan cheese. Typically, eggplant, veal and chicken parmigiana are dipped in an egg-milk solution, then into a mixture of breadcrumbs, Parmesan cheese and seasonings. The dish is sauteed and topped with tomato sauce and additional cheese.
- **Piccata** (pih-KAH-tuh) Seasoned and floured veal or chicken sautéed and served with a sauce made from the pan drippings, lemon juice and chopped parsley.

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\*Food Lovers Companion, 3rd ed. 2001, Sharon Tyler Herbst

### OUR MISSION WITH STOP HUNGER

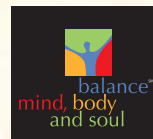
#### Stop Hunger Where It Starts

Since 1999, the Sodexho Foundation has been committed to being a driving and creative force that contributes to a hunger-free nation.

In order to eliminate hunger that affects 35 million people in the U.S., we must fight its root causes. The Sodexho Foundation supports innovative programs to help children and families who are battling problems like poverty, unemployment, lack of education, and food insecurity.

From nutrition programs for children, to job training for adults, the Foundation supports hunger-related initiatives on the local, state, and national levels.

[www.helpstophunger.org](http://www.helpstophunger.org)



**Balance Mind Body Soul<sup>sm</sup>** is a holistic or integrated approach to wellness and fitness that considers the whole person. Fitness and wellness are a balance of lifestyle choices and events—physical, mental, and environmental. Wellness is unique to each individual. Knowledge is key. It may be easier than you thought. Experiencing new things—a sport you haven’t done before, a food you haven’t tried, a new idea you never thought about, or a creative way of approaching a problem like stress—may also help you to balance and define your wellness goals.

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# LIGHTEN UP: Ethnic Cuisine *la Cucina Italiana*



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## Lighten Up Ethnic Cuisine: la Cucina Italiana

Americans love Italian food. While pasta and pizza are popular choices, Italian cuisine has much more to offer. The foods of Italy are as varied as the 20 different regions in the country. Butter and cream sauces, risotto and polenta are typical of northern Italy. Southern and central Italy cooks use more olive oil, dried pasta and tomatoes. The Mediterranean Sea provides an abundance of seafood. The climate is conducive to growing a variety of vegetables, fruits and legumes.

There are plenty of dishes to choose from when you eat Italian food. Here are some suggestions to help you make informed choices when you order out.



### Appetizers/Soup/Salad

Choose broth-based soups like minestrone soup, pasta e fagioli (pasta and beans), or tomato soup. Or make a meal of a bowl of cioppino (seafood and tomato stew) and a green salad. (Ask for dressing on the side or sprinkle your salad with a little olive oil and vinegar.)

Grilled calamari or shrimp or mussels or clams in a little wine sauce, or roasted peppers and eggplant, or prosciutto with melon are good choices. Order antipasto with extra vegetables, fewer cheeses and meats.

### Pizza

- Thin crust is best. Ask for half the cheese and choose vegetable toppings or Canadian bacon
- Avoid olives, pepperoni, sausage, and hamburger meat



### Main Courses

Chicken, seafood or veal cacciatore or picatta, grilled (griglia) meat or fish. Eggplant Pomodoro. Avoid sausage, anything labeled parmigiana, crema or fritto.

### Pasta

Watch your portion size. One order of pasta is usually enough for two people. Split and share, ask for a half portion, or take some home for another meal.

Choose tomato-based sauces: red clam, marinara, pomodoro, arrabbiata, puttanesca, Bolognese.

Steer clear of these words on a menu: stuffed, Alfredo, carbonara, parmigiana, lasagna and manicotti which may contain a lot of cheese and/or cream.



### A few words to help you lighten up at home

- Use lean meat for meatballs or meat sauces.
- Try part-skim mozzarella and ricotta instead of whole milk cheese.
- Sauté onions, garlic and other foods in the least amount of oil.
- Hold or moderate the cheese in both home and restaurant meals!
- Fresh, seasonal vegetables are important in traditional Italian cuisine. Explore and include contorni—vegetable side dishes—in your menu.

### Desserts

- Italian ice, fresh fruit
- Avoid gelato and cannoli



### Just say No to garlic bread

- If you are served a bowl of olive oil to dip your bread into, each tablespoon contains 14 grams of fat and 120 calories

### Abbreviated Glossary

#### of Italian Food Terms: Sauces\*

- **Alfredo** (al-FRAY-doh) Named after Roman restaurateur, Alfredo di Lello, created in the 1920's, Rich sauce of butter, grated parmesan cheese, heavy cream and ground pepper.
- **Arrabbiata** (ah-rah-bee-AH-tah) Means angry. Made with garlic, olive oil, hot pepper and fresh tomatoes.
- **Bolognese** (boh-luh-NEEZ) Named for the city of Bologna, this is a thick tomato-based sauce with meat. It is called ragu in Italy.
- **Carbonara** (kar-boh-NAH-rah) Composed of cream, eggs, parmesan cheese and bacon.
- **Marinara** (mah-ree-NAHR-uh) Seasoned Italian tomato sauce made with onions, garlic, and oregano.
- **Pesto** (PEH-stoh) Italian for pounded, an uncooked sauce made with fresh basil, garlic, pine nuts and olive oil.
- **Pomodoro** (poh-moh-DAW-roh) Italian for tomato, tomato sauce.
- **Puttanesca** (poot-tah-NEHS-kah) An intensely flavored and fragrant sauce made from tomatoes, onions, capers, black olives, anchovies, oregano and garlic, all cooked together in olive oil.